



**The 9th Annual
Sleep and Circadian Science
Research Day
November 12, 2024**

Program

8:15 am – 9:00 am	Registration/Breakfast – Sponsored by Avadel Pharmaceuticals
9:00 am – 9:20 am <i>WPU Assembly Room</i>	Introduction: Daniel Buysse, MD Distinguished Professor of Psychiatry, Medicine, and Clinical and Translational Science UPMC Endowed Chair in Sleep Medicine Jonna Morris, PhD, RN Assistant Professor of Health and Community Systems University of Pittsburgh School of Nursing
9:20 am – 10:25 am <i>WPU Assembly Room</i>	Clinical Symposium HOT TOPICS IN TREATMENT OF SLEEP APNEA Chair: Mark Thomas, PhD Advanced Postdoctoral Fellow Mental Illness Research, Education, and Clinical Center (MIRECC) VA Pittsburgh Healthcare System Panelists: Mark Thomas, PhD Advanced Postdoctoral Fellow Mental Illness Research, Education, and Clinical Center (MIRECC) VA Pittsburgh Healthcare System <i>COMISA: What is it, and how do we treat?</i> Charles Atwood, MD, FCCP, FAASM Associate Professor of Medicine Pulmonary, Allergy and Critical Care Medicine Chief, Sleep Medicine Division, VA Pittsburgh Healthcare System <i>Alternative Treatment to CPAP: Medications</i> Thomas Kaffenberger, MD Assistant Professor Department of Otolaryngology-Head and Neck Surgery <i>Alternative Treatment to CPAP: Devices</i>
10:25 am – 10:45 am	Break Sponsored by Idorsia Pharmaceuticals
10:45 am – 11:45 am <i>WPU Assembly Room</i>	DAVID J. KUPFER KEYNOTE LECTURE Keynote Lecturer: Wendy Troxel, PhD Senior Behavioral and Social Scientist RAND Corporation <i>The Social Side of Sleep: How Relationships, Communities, and Policies Shape Our Sleep</i>
11:45 am – 12:45 pm <i>Kurtzman Room</i>	Lunch Sponsored by ResMed Corporation

12:45 pm – 2:00 pm
WPU Assembly Room

Panel Discussion
SCHOOL START TIMES

Chair: **Michelle Stepan, PhD**
Assistant Professor of Psychiatry

Panelists: **Wendy Troxel, PhD**
Senior Behavioral and Social Scientist
RAND Corporation

Joanna Fong-Isariyawongse, MD
Associate Professor of Neurology

John Thornton, PhD, NCSP
Director of Student Services
Hampton Township School District

Karen Coyne DPN, RN, CSN
Assistant Professor of Nursing

Deanna Philpott, MA
School Wellness Consultant

2:00 pm – 2:20 pm

Break **Sponsored by Jazz Pharmaceuticals**

2:20 pm – 3:00 pm
WPU Assembly Room

TICA HALL DATA BLITZ

Chair: **H. Matthew Lehrer, PhD**
Assistant Professor of Psychiatry

3:00 pm – 4:30 pm
WPU Ballroom

Poster Session/Networking Reception – Sponsored by Axsome Pharmaceuticals and Inspire Medical Systems

4:30 pm – 4:45 pm
WPU Ballroom

Awards & Closing Remarks

Presenter: **Jonna Morris, PhD, RN**
Assistant Professor of Health and Community Systems
University of Pittsburgh
School of Nursing